

July Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
 9020 Amelung St., Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

<i>Mondays</i> <i>9:00-3:00</i>		<i>Tuesdays</i> <i>9:00-8:00</i>		<i>Wednesdays</i> <i>9:00-3:00</i>		<i>Thursdays</i> <i>9:00-3:00</i>	
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.				Lunch is served every day at Noon. Reservations must be made at least 48 hours in advance.			
June 30 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:00 *Tai Chi		1 10:00 *English Conversation 10:30 Dance Exercise 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner 6:30 Cards/Games		2 9:15 *Yoga 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		3 iPod Music Day 10:00 *ESL Class 11:00 Exercise to Video 1:00 Rummikub	
7 Nutrition Minute Day 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:00 *Tai Chi		8 Nutrition Minute Day 10:00 *English Conversation 10:30 Dance Exercise 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner 6:30 Cards/Games		9 Center is Closed Join us at the Brunswick Picnic  Picnic at the park!		10 10:00 *ESL Class 11:00 Exercise to Video 11:00 Mobile I&A 11:30 Blood Pressure Noon *Breakfast for Lunch 12:30 Ask Nurse Steve “What do all those numbers mean when I go to the doctor?”	
14 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:00 *Tai Chi		15 10:00 *English Conversation 10:30 Dance Exercise 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner 6:30 The Inside Scoop “Your County: Historic Info”		16 9:15 *Yoga 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		17 Make and Take Craft Day iPod Music Day 10:00 *ESL Class 11:00 Exercise to Video 1:00 Rummikub	
21 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:00 *Tai Chi		22 10:00 *English Conversation 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 Bunco Bunco Bunco		23 9:15 *Yoga 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		24 iPod Music Day 10:00 *ESL Class 11:00 Exercise to Video 1:00 Rummikub	
28 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:00 *Tai Chi		29 10:00 *English Conversation 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner 6:30 Cards/Games		30 9:15 *Yoga 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		31 iPod Music Day 10:00 *ESL Class 11:00 Exercise to Video 1:00 Rummikub	
Day Trips July 11 Pride of the Susquehanna July 25 PA State Capitol & State Museum				Friday, July 4 Department of Aging offices and facilities are closed 			